News

Professor Mary Bruce Inspires Students to Excel

On a chilly, late winter day in Chicago, Dr. Mary Bruce and five members of Governors State University's chapter of Pi Alpha Alpha — the national honors society for public affairs students — trekked from University Park to the far north side of the city. Their destination? Sarah's Circle, a comprehensive help organization and transitional shelter for homeless women. Read more on page 9.

This Year's Selection for One Book One University: Hamilton

The GSU Intellectual Life Committee has announced Hamilton as the official One Book One University selection for the 2016 – 17 academic year. "We will have a number of activities and information related to Hamilton available at http://libguides.govst.edu/hamilton," said Lydia Morrow Ruetten, Dean of the GSU Library and Chair of the Intellectual Life Committee. "We are particularly looking forward to HAMILTON THE MAN, an event that will be performed and taught by students at GSU. It will take place in Sherman Hall on Tuesday, November 15 from 6 – 8 p.m. Refreshments will be served." Read More Here

5 Tips to Beat Post-Break Blues

You're more than a month into the new school semester and you still haven't managed to settle in. In fact, you're looking so far ahead that you've planned Thanksgiving festivities and two winter vacations and it's not even mid-terms. How do you reorient yourself? Try the suggestions on pages 12-13.
GSU is an Early Voting Site

GSU is an Early Voting location for Will County residents this upcoming election. Early voting will take place October 31 through November 4, 10 a.m. – 5 p.m.

If you are interested in working as an election judge, you must be available those dates, and October 25 for training, 18 years of age, and registered to vote in Will County. Election judges will be compensated $13 per hour. Read More

COE Awarded Grant for Behavioral Health Education and Training

Starting this fall, 22 students in the College of Education may be eligible for a $10,000 stipend through the Behavioral Health Workforce Education and Training (BHWET) for Paraprofessionals and Professionals program. The grant, recently awarded to the College of Education, aims to close the gap in access to behavioral health care services by increasing the numbers of adequately prepared behavioral health providers entering and continuing practice with at-risk children, adolescents, and transitional-age youth. Special thanks to GSU faculty Drs. Dermer, Wix, Lorelle, Michel, and Dunham for their outstanding work on this grant.

Is Your Personal and Emergency Contact Information Current?

Do we have your most up-to-date contact and emergency contact information? If not please take a moment to make sure we can reach you, or your emergency contact in case of emergency, if there is a university closing or some other event that requires rapid, wide-scale notification of the community.

For Students
To update your personal contact information, please complete the Change of Student Information form and return it to the Registrar's office.

You can update your emergency contact information in the myGSU portal. The information provided is stored directly in our database and will be used only in case of emergency. Click here for a tutorial on how to update your emergency contact information. The process takes less than 10 minutes.

For Faculty and Staff
Update your contact information by sending an email to Human Resources with a subject line that reads "Update My Contacts."

To update your emergency contact information, go to the myGSU portal. Under Online Services, select "Employees," then select "Employee Profile" and "Emergency Information." You will be able to add and/or edit your contacts. After you enter the information, click "Add Contact." After editing or changing your emergency contact information, choose "Confirm" to save your changes. A confirmation notification message will appear on the top right of your screen to confirm your edits. Click here for a tutorial.

Events

Spirit Week

Today marks the start of GSU Spirit Week – a week of festivities and celebrations leading up to Family & Friends Weekend. We hope you plan to join us for one or more of the scheduled activities (see page 14).

Family & Friends Weekend

Family & Friends Weekend provides the semester's first opportunity for students to showcase their new
school to family and friends. It's also a weekend for alumni to reconnect with their alma mater. For a list of complete weekend events, view the Family & Friends webpage.

**New TAPS Performance Challenge Social Norms of Beauty**

This fall, the Theater and Performance Studies Academic Theater presents Neil LaBute's Fat Pig, a play that critiques our slavish adherence to Hollywood ideals of beauty. Directed by Patrick Santoro, the play also boldly asks questions of our own ability to change what we dislike about ourselves. See pages 15-16.

**GSU Hosts 25th Annual National Depression Day Screening**

Governors State University is hosting a campus-wide National Depression Screening Day® event, an annual campaign to bring public attention to the critical needs of students living with depression and other mood disorders. The screening event will be held in the Hall of Governors on Thursday, October 6 from 11 a.m. – 5 p.m. and will mark 25 years of large-scale mental health screening efforts by Screening for Mental Health, a Boston-area nonprofit. For more information, see pages 17-18.

**Recovery Coach Training**

The College of Health and Human Services has space available in the next Recovery Coaching Training session. Sessions will be Friday, October 7, 14, 21, and 28 from 9 a.m. – 4 p.m. 32 CEU's will be given. Please contact Laura Owens for more information by phone at 708.235.2134.

**Jaguar Jump Week**

October 10 – 13 is Jaguar Jump Week 2016. The week includes events to help students explore their interests, learn more about GSU's academic programs, and solidify career goals. The week will culminate with a Major Fair with representatives from all GSU undergraduate academic programs on Thursday, October 13 from 3 – 5 p.m. in the E-Lounge.

Workshops and panels include lunch or dinner, and all GSU students are invited to participate. Learn more and register for the event or email New Student Programs for more information.

**Wednesday Walks in the Park**

Explore the big art park in GSU's own backyard every other Wednesday from noon – 12:45 p.m. from October 5 through November 30. The Nathan Manilow Sculpture Park is a world-renowned outdoor museum-in-the-prairie, showcasing 32 master works of sculpture. Each tour visits different artworks, so choose the tour that works for you! RSVP to 708.235.7559 by the Monday prior to your tour.

**Chicago Dance Crash Makes GSU First Stop of New National Tour**

Audiences in Chicago's Southland will be the first to experience a contemporary take on the classic struggle between right and wrong depicted in the form of hip hop or street dance. GSU's Center for Performing Arts will welcome Chicago Dance Crash back to its stage to perform the dance theatre piece, Evil and Good on October 22 at 8 p.m. For tickets and information please visit CenterTickets.net or call 708.235.2222.

**So You Think You Can Dance?**
Can you do hip hop or street dance? Center for Performing Arts and Chicago Dance Crash want to see what you've got. Upload a 30 to 60 second video to Vimeo or YouTube and post the link to Facebook.com/centeratgsu for a chance to open for Chicago Dance Crash on stage on October 22 before their Evil and Good performance. Deadline for video entry is October 15!

**Inclusive Leadership Conference**

Mark your calendar now! The 2016 Inclusive Leadership Conference will be held at GSU on November 11 and 12. The conference is designed to create understanding and appreciation amongst students for diverse identities through social justice education. An increased self-awareness encourages students to be free of misconceptions and prejudices as leaders. The Inclusive Leadership Conference helps students understand the intersection of leadership, diversity, and social justice.

More information will be shared as the event approaches. You can email diversity@govst.edu with queries.

**Respond to Violence: Social Activism**

Respond to Violence, a multimedia initiative, is partnering with the "Be the Change" movement, both housed in the Center for Civic Engagement and Community Service, for a university-wide spring event focused on social activism. We'll use the "Social Change Model of Leadership Development," which frames ways in which to lead and collaborate to bring about positive sustainable change. We want to engage students around the idea of first changing yourself, then your community and then the world.

Respond to Violence would like to involve staff, faculty members, and students in this "Call to Action: Social Activism and Leadership" event through work in the classroom, on campus, or in community organizations. If you are interested or would like more information, please email ybrown@govst.edu.

**Your GSU Library Cat is on the Prowl!**

Each day this week, the Library Cat will be visiting a different part of campus. Check out the Library Facebook page and Twitter account daily to find a picture of where the Library Cat is visiting that day.

Then, between midnight and 4 p.m. on Friday, log on to the library's Twitter account or Facebook page and send us a list of where the Library Cat was all week. The first person to have the right answer will win a prize and get featured on the GSU Library Facebook and Twitter sites.

**GSU Library Celebrates American Archive Month**

Ever wondered about the meaning and origin of GSU’s seal? During American Archive Month, the Library invites the GSU community to explore the many jewels of information archived about the university.

Highlights of the GSU Library’s files can be found on OPUS, and be sure to mark your calendar for the official ribbon cutting for the newly designed GSU Archive Room on November 3.
Art Professor Javier Chavira awarded top prize in the 73rd Annual Salon Show Exhibition

Congratulations to professor Javier Chavira for receiving the Helen V. Surovek Memorial Award, carrying with it the top cash prize, for his painting "For Frida" at the South Shore Arts 73rd Annual Salon Show Exhibition. More than 300 entries by artists from Indiana and Cook County were judged for the exhibition. The exhibition continues through November 1st at The Center for Visual and Performing Arts, 1041 Ridge Road, Munster, IN 46321. For more information, visit www.southshoreartsonline.org or call 219.836.1839.

Theatre and Performance Studies and Media Studies Students Win Top Panel Award
Students from two new courses focusing on media and performance (one in MST and the other in TAPS) are recipients of the top panel award at this year's Illinois Communication and Theatre Association conference, with the theme of "Let's Get Critical" held Friday and Saturday in Lisle, IL.

The panel students sat on was "The Critical Intersection of New Media and Performance" and students discussed their ongoing projects alongside Professors Debbie James and Patrick Santoro, who discussed course design, outcomes, and assignments, among other issues.

**GSU Faculty Members Participate in Art Show**
Art faculty from seven area colleges and universities have been invited to show their artwork at the Tall Grass Arts Association College Art Faculty Show.

The GSU faculty who are participating are Geoffrey Bates, Javier Chavira, Jane Hudak, Gretchen Jankowski, Jeff Stevenson, Charity White, Marjorie Woodruff and Vivian Zapata.

The College Art Faculty Show opens September 30 and runs through November 5 at Tall Grass Arts Association, 367 Artists Walk, Park Forest, IL.

The Opening Reception is Friday, September 30, 7 – 9 p.m. In addition, there is an Artists' Talk Saturday, October 8, 1 – 3 p.m. where Javier Chavira will be speaking.

For more information, please visit [http://www.tallgrassarts.org/](http://www.tallgrassarts.org/).

### Workshops and Trainings

**Looking for GSU workshops and training opportunities?**

This week's list of opportunities — including GSU STAR Account set-up for faculty and advisors, Content
Management System (CMS) training, Faculty Profile Page update information, workshops from the Office of Sponsored Programs and Research, and the Global Lunch Lecture Series — can be found here.

Do you have a story or event you want to submit for the GSU View?
Click here to learn about our submission guidelines.
Chicago, IL, October 03, 2016

Professor Mary Bruce Inspires Students to Excel

On a chilly, late winter day in Chicago, Dr. Mary Bruce and five members of Governors State University's chapter of Pi Alpha Alpha — the national honors society for public affairs students — trekked from University Park to the far north side of the city. Their destination? Sarah's Circle, a comprehensive help organization and transitional shelter for homeless women.

"That was a student's idea, to volunteer at Sarah's Circle," Dr. Bruce said. "We brought food and prepared a luncheon for the women. We sang karaoke — it was very special."

The students brought salads, warmed up rolls, reheated chicken, and sat with the women of the shelter — approximately 60 in total — and ate together. Then they sang and danced with the women, who, according to Dr. Bruce, ranged in age "from 20 to 70."

"I'm not educating students who want to be average. These students want to achieve more than a high-grade point average," she said.

Dr. Bruce, who is a full professor of Public Affairs in the College of Arts and Sciences at GSU, has used her grassroots ethos and infectious motivation to bring a new honor to Governors State University. The Network of Schools of Public Policy, Affairs, and Administration (NASPAA), a global organization for graduate education programs in public policy, public affairs, public administration, and public
and nonprofit management, has named GSU’s chapter of Pi Alpha Alpha its 2016 Chapter Award winner, and Dr. Bruce has been given the Chapter Advisor Award for the year.

David Marshall, Director of Membership for NASPAA, said that Dr. Bruce and her chapter were selected because of the community work and proactive culture of GSU’s Pi Alpha Alpha chapter.

“What made [GSU and Dr. Bruce’s] nomination distinctive was that Dr. Bruce not only identifies and recognizes exemplary public affairs students, but she takes them into the community to do some positive things,” Marshall said.

In the past year, aside from volunteering at Sarah's Circle, Pi Alpha Alpha members have hosted roundtable discussions with state and local administrators, held symposiums with the South Suburban Mayors and Managers Association, and organized forums with law enforcement and judicial representatives at local high schools to address racial profiling in their communities.

“Seeing our students and faculty work together to bring this kind of excellence into our communities and honor to our university exemplifies the Jaguar spirit,” said GSU President Elaine P. Maimon. “We are extremely proud of Dr. Bruce, her students, and their shared achievement.”

Induction into Pi Alpha Alpha extends beyond the student years — membership lasts a lifetime — and over half of the GSU chapter members are alumni.

“What this does is offer a really rich networking opportunity to members. GSU graduates are village managers, directors in the public sector, and this allows students and alumni to network within our own GSU community,” Bruce said.

Tosha Baker, GSU graduate and Pi Alpha Alpha member since 2014, nominated both Dr. Bruce and the chapter for the awards. As an alumna, she remains engaged with the organization while fulfilling her professional role as village administrator for the Village of Robbins.

“Having alumni and current students work together, going out into the community to work with elected officials, gives members an opportunity for first-hand learning that provides a different kind of education than the classroom,” Baker said.

Membership in Pi Alpha Alpha is bound by high standards: students must have completed at least 22 credit hours of work in the public administration program and carry a cumulative 3.75-grade point average.

"I am a part of educating leaders who will work in the public sector, and Pi Alpha Alpha is leadership training ground," Dr. Bruce said of her role with the organization. "I like to help foster academic excellence because I believe education is the key that unlocks the door to unlimited possibilities."

In addition to awarding the chapter and Dr. Bruce's work, NASPAA has invited Dr. Bruce to serve on the Pi Alpha Alpha Special Ad Hoc Committee, the PAA governing body. She has accepted their invitation.
Based in Washington, D.C., NASPAA is an international society with over 300 chapters in 14 countries. Dr. Bruce and the GSU chapter will receive their awards on Friday, October 21 in Columbus, Ohio at the 2016 NASPAA Annual Conference.
5 Tips to Beat Post-Break Blues

5 Tips to Beat Post-Break Blues

School breaks allow students to recalibrate and reenergize for the academic year. However, returning to school can leave some students with dread or anxiety. These five simple tips will make your school adjustment a breeze.

So you're more than a month into the new school semester, and you still haven't managed to settle in yet. In fact, you're looking so far ahead that you've planned Thanksgiving festivities and two winter vacations and it's not even mid-terms.

If you're experiencing any of these symptoms, you have a case of the post-break blues. Here are a few tips to keep you at the moment so that you can have a successful semester.

Adjust your sleeping schedule

Staying up late and sleeping in are hallmarks of school breaks, but they can make coming back to school a sticky wicket. Without enough sleep, you can become irritable and weary, which in turn may hamper your focus and creativity.

A great way to recalibrate your sleep schedule is exercising during the day: you'll get a good night sleep because your body will tire. GSU's Recreation and Fitness Center is a great place to start, with its weight room, basketball court, and Olympic-style lap pool.

Recognize small wins

No matter how small they may seem, acknowledging wins fuels motivation. Nothing's more invigorating than a sense of accomplishment. A weekly to-do list, whether maintained by Google Docs, Keep, or good old pen and paper, will work. When you complete a task, check it off. It is a pat on the back that will help you overcome
5 Tips to Beat Post-Break Blues

post-break blues.

**Eat right**

Good nutrition helps your mind and body re-acclimate to an environment, starts your day right, and helps you maintain high energy throughout the day. For a boost in mood, lean protein, high-fiber meals are best—and a variety of healthy meals are available at the GSU Café in D-Building.

**Get involved in on-campus activities**

Transitioning back to school is also easier when you participate in extracurricular activities with like-minded people. Whether you are interested in anime, dance, social work, or global cultural exchange, Student Life presents many options for meeting new people and making new friends.

**Communicate**

This is not necessarily only about school but also your feelings. Friends and family can be valuable sounding boards because they probably know you best. The Academic Resource Center at GSU also offers counseling and tutoring services from a team of educators and mentors who are committed to your success inside and outside of the classroom.
Spirit Week, Monday, October 3 - Thursday, October 6 leads up to Family & Friends Weekend - October 7 - 8, 2016

SPIRIT WEEK

Monday, October 3
3:30 – 4.15 pm, Pep Rally, Introduction of Mr. and Ms. GSU Court
Hall of Governors
Help kick our school spirit into high gear. Show your Jaguar Pride.

Tuesday, October 4
11:30 – 1:00 pm, Elementary Challenge Game Show
(See if you're not simply Elementary)
Sponsored by the College of Arts and Science

Wednesday, October 5
4:00 – 6:00 pm, Dusk on the Prairie
Heliport/Behind the Center for Performing Arts

Thursday, October 6
5:00 – 6:30 pm, Faculty/Staff vs. Student Alumni Basketball Game
GSU Gymnasium
(Faculty & Staff/ Student Alumni Cheerleaders)

Thursday, October 6
4:30 – 7:30 pm, 2016 GSU Alumni Art Show
GSU Visual Arts Gallery
Curated by Sergio Gomez, director of exhibitions at the Zhou B. Art Center, director of Art NXT Level Projects, faculty at South Suburban College.

FAMILY AND FRIENDS WEEKEND
Fat Pig

Presented by Theatre and Performance Studies (TAPS Academic Theatre)

Saturday, October 29 and November 3 & 4, 2016 at 7:30 p.m.
Sunday, October 30, 2016 at 2 p.m.

Tickets: $15; $10 for Students

Buy Tickets

For $15 add Pre-Show Bacon Bar! Available for October 29 only.

Cow. Slob. Pig. How many insults can you hear before you have to stand up and defend the woman you love? Tom faces just that question when he falls for Helen, a bright, funny, sexy young woman who happens to be plus-sized - and then some. Forced to explain his new relationship to his shallow (although shockingly funny) friends, he finally comes to terms with his own preconceptions of the importance of conventional good looks.

Neil LaBute's sharply drawn play not only critiques our slavish adherence to Hollywood ideals of beauty but also boldly questions our own ability to change what we dislike about ourselves.
Welcome to Governors State University in Chicago Illinois

Directed by Dr. Patrick Santoro

Cast:
Marcus Stephens as Tom
Maya Shelton as Helen
Bradford Simmons as Carter
Kayla Liggins as Jeannie

THIS PRODUCTION CONTAINS ADULT LANGUAGE AND SUBJECT MATTER. PARENTAL DISCRETION IS ADVISED.

ON STAGE, LIMITED SEATING!
RECOMMENDED FOR YOU
- THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE
- THE SCOTTSBORO BOYS
- THE TEMPEST
Chicago, IL, September 20, 2016

GSU Hosts 25th Annual National Depression Day Screening

To increase awareness and encourage early intervention for mood and anxiety disorders, Governors State University is hosting a campus-wide National Depression Screening Day® event, an annual campaign to bring public attention to the critical needs of students living with depression and other mood disorders. The screening event will be held in the Hall of Governors on Thursday, October 6 from 11:00 a.m. until 5:00 p.m. and will mark twenty-five years of large-scale mental health screening efforts by Screening for Mental Health, a Boston-area non-profit.

Similar to many physical illnesses, early recognition and treatment offers the best opportunity for recovery from mental illness. The anonymous and confidential screening tool is designed to help students examine any thoughts or behaviors that may be associated with depression, generalized anxiety disorder, bipolar disorder, or posttraumatic stress disorder. After completing the self-assessment, students will be able to talk to a mental health professional and receive treatment information through Governors State University, if necessary.

About Screening for Mental Health

Screening for Mental Health, Inc. (SMH), the pioneer of large-scale mental health screening for the public, provides innovative mental health and substance abuse resources, linking those in need with quality treatment options. SMH programs, offered online and in-person, educate, raise awareness, and screen individuals for depression, bipolar disorder, generalized anxiety disorder, posttraumatic stress disorder, eating disorders, alcohol use disorders, and suicide. Thousands of organizations worldwide including hospitals, military installations, colleges, secondary schools, corporations, utilize our educational and screening programs, and in turn, have reached millions of people ranging from teenagers to adults.
For more information about Screening for Mental Health, visit www.MentalHealthScreening.org.

There is an increasing number of college students who are arriving on campus with mental health issues. The Governors State University Counseling Center’s goals for this event are to help identify students who may be struggling with depression or other mood disorders and connect them with quality, treatment options early on.